

A Food Safe Salad Bar Safe Preparation and Service



LET'S **M**OVE

Salad Bars to Schools

Missouri



Fresh Produce



- Ready-to-eat-food
- No “kill step”
- Must be safe to be nutritious



Fresh Produce – Key Points

- Processing fresh produce into fresh-cut products increases the risk of bacterial growth and contamination by breaking the natural barrier of the produce.
-
- The release of plant cellular fluids when chopped or shredded provides a nutritive medium for pathogens to grow and survive.



Fresh Produce – Key Points

- Internalization occurs when microbes infiltrate the produce moving from the outer surface to the internal tissue.
-
- Once microbes are internalized, they cannot be removed.

Internalization



Photo provided & edited by SR Bartz

Preventing the introduction of pathogens to produce is critical to safety!
Once pathogenic microorganisms are internalized, they cannot be removed.

2009 FDA Food Code

- Classifies fresh-cut leafy greens, tomatoes and melons as “hazardous foods”
- Account for 50%+ of produce outbreaks



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Safe Preparation

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The Most Important Step to Safe Food!

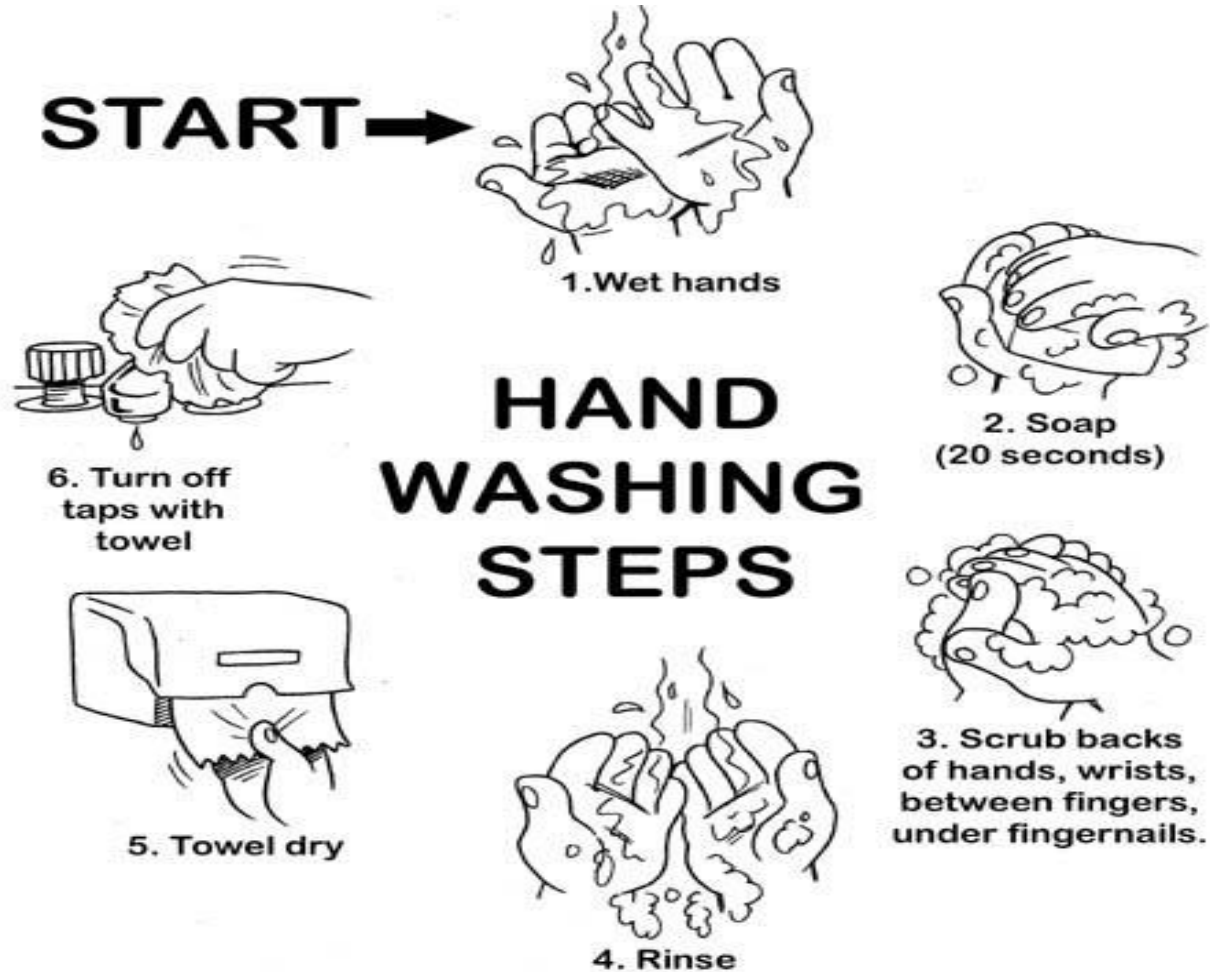
“Hand washing is the single most important means of preventing the spread of infection.”

– *Centers for Disease Control & Prevention*

The Places We Miss When Washing



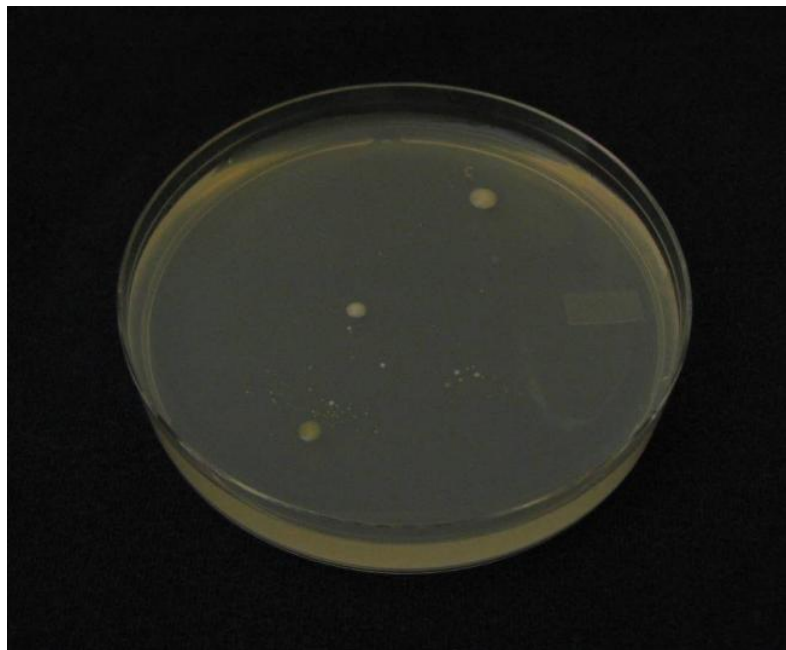
Handwashing 101



For more detailed information: <http://www.cdc.gov/handwashing/show-me-the-science-handwashing.html> DESE website: https://dese.mo.gov/sites/default/files/HACCP_Guidance.pdf



Handwashing Practices



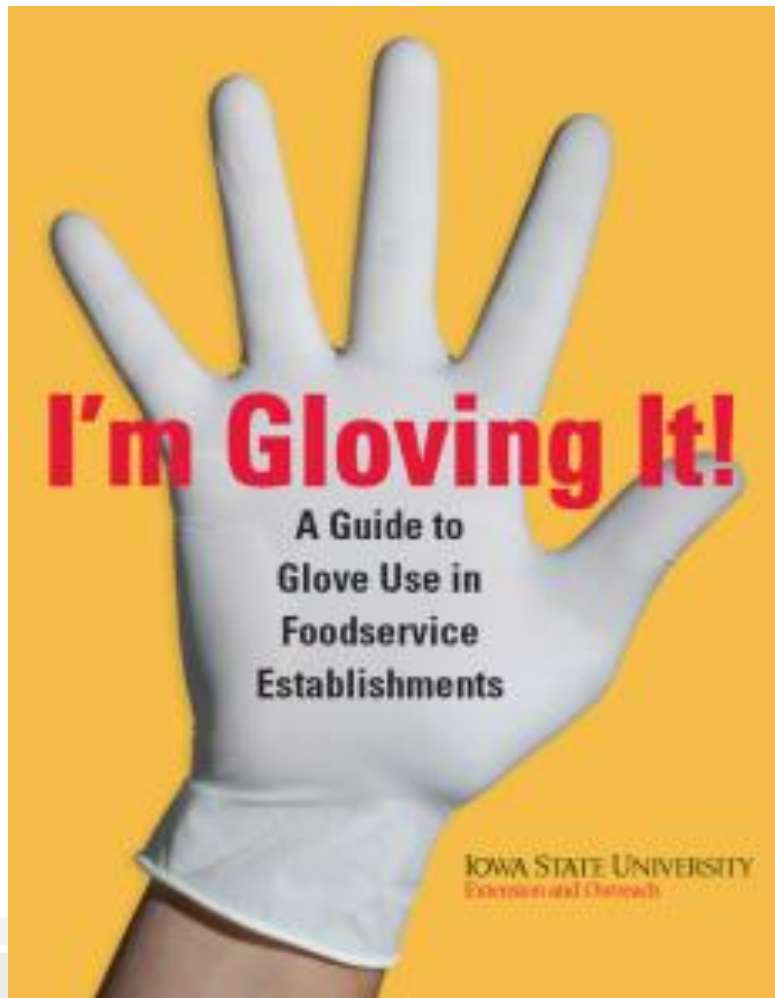
Microorganisms from hands washed for the recommended 20 seconds



Microorganisms from unwashed hands after using the restroom

Source: Iowa State University Extension Service

Wear Gloves



- Eliminate bare hand contact with ready-to-eat foods



Wash Hands & Re-glove...

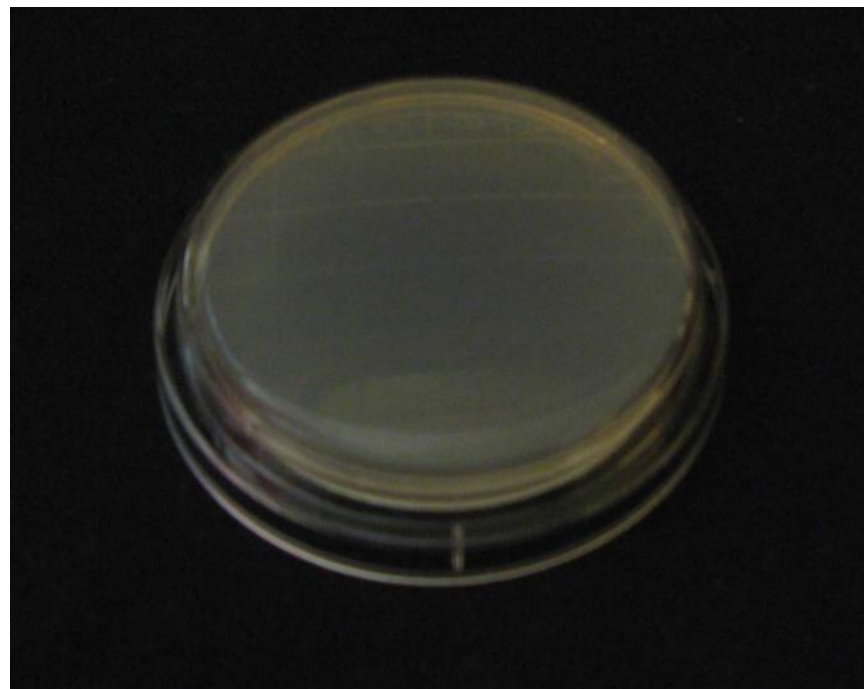
- After:
 - Touching equipment
 - Using/touching chemicals
 - Answering the phone
 - Accepting deliveries
 - Handling money
 - Any other glove contamination
- If a glove is torn, damaged or soiled



Clean & Sanitize Work Surfaces



Prevent Cross-Contamination



A clean and sanitized cutting board shows no sign of microorganisms

Source: Iowa State University Extension Service



Food Preparation Practices



Source: Iowa State University Extension Service

Maintain the Cold Chain

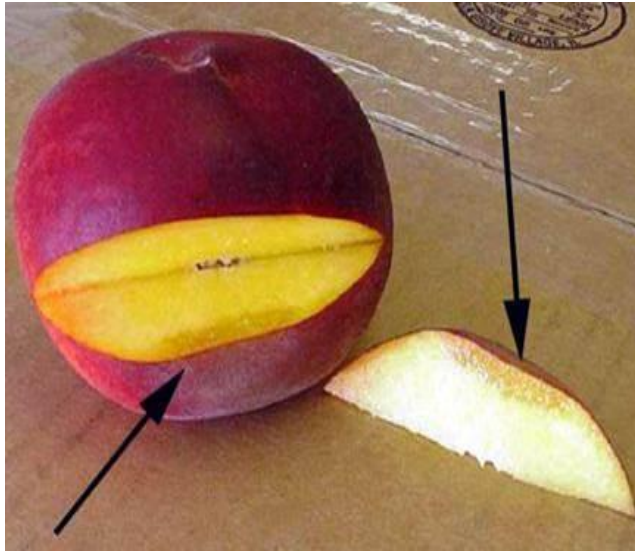


- Receiving
- Storing
- Preparing
- Serving

<https://dese.mo.gov/financial-admin-services/food-nutrition-services/food-safetyhaccp/haccp-logs-keep>



Inspect for Damaged & Bruised Produce



Bruised spot on nectarine



Decayed spot on apple

Please **Do Not** Soak When Washing





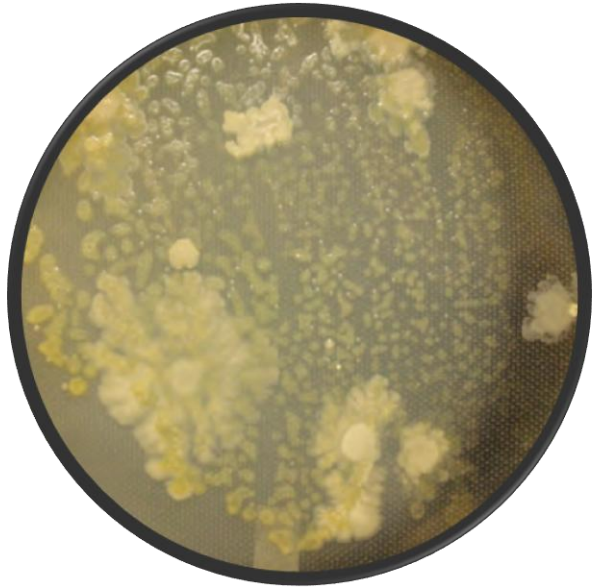
Wash Fruits and Vegetables



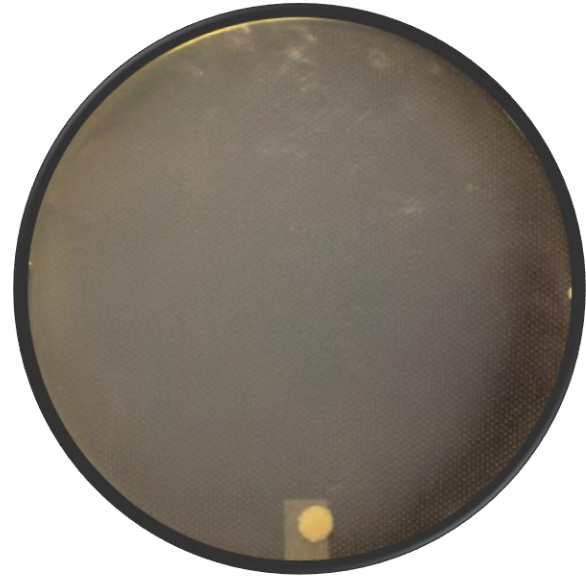
Internalization: Tomatoes

- Wash tomatoes in H₂O warmer than tomato – at least 10 degrees (wash warm)
- Tomatoes will act as a vacuum drawing pathogens inside from surface of skin IF washed in cold(er) water





Whole unwashed
leafy greens



Whole leafy
greens washed
with running
water

Thick Skinned Fruits and Vegetables



Pre-Packaged Vegetables



Food Preparation Practices

- Pre-washed produce in sealed bags can be used without further washing
- Pre-washed produce in opened-bags should be washed before using





1. Wash hands



2. Put leafy greens in clean and sanitized container



3. Cover and label

Drying Produce



School Tested Tools for Processing



Robot Coupe R301 Series D 3.5qt.
Robot Coupe R2N Ultra 3 qt.



Sunkist Fruit & Vegetable
Commercial Sectionizer Base
Model 699-002

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Safe Service



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Check Temperatures Regularly

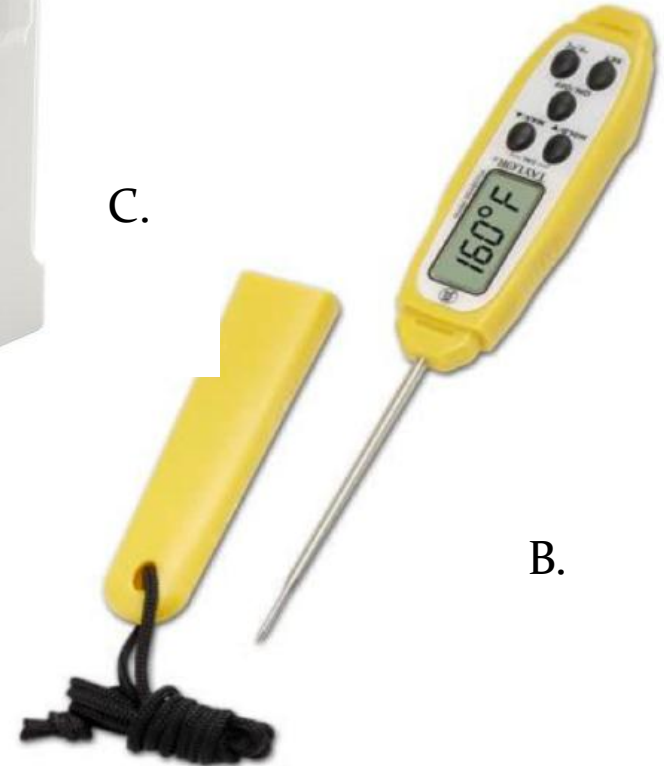
- ✓ Temperatures of salad bar items: before holding and after holding (or after 2 hrs, whichever is less)



A.



C.



B.



Keeping the Bar Clean



Salad Bar Tongs or Spoodles



Replace:

- If dropped to floor
- When food is replenished
- If contaminated in any way



Educate
Students!

SALAD BAR

ETIQUETTE



Always WASH your hands first!

USE serving UTENSILS, not your fingers.

If a UTENSIL or plate FALLS on the floor,
DON'T put it back! Tell a cafeteria person.

TASTE food items at your TABLE,
not at the salad bar.

Your HEAD stays ABOVE the SNEEZE GUARD
or food shield. Ask a friend or a cafeteria
person for help if you can't reach.

Be POLITE in line and WAIT your turn.

Fresh LIFE
Enjoy a SALAD today



National Department of Health and Human Services • U.S. Department of Agriculture

Storage

- Prepared food that was not put on the bar should be labeled, held and used X # of days after dated (according to produce fact sheets)
 - Leftover food:
 - Option 1: may not be saved
 - Option 2: may be saved and used the next day **IF** has been out of refrigeration **< 2 hrs**
- AND**
- has been held at **less than 41° F**





Food Safety Requirements

- Food safety training/certificate
- HACCP-based Food Safety Programs required since 2004
- Sample SOPs
 - D. Date Marking Ready-to-Eat, Potentially Hazardous Foods
Pg .38
 - G. Receiving Deliveries
Pg. 44
 - J. Washing Fresh Fruits and Vegetables Pg. 50



Resource Links

- <https://store.extension.iastate.edu/Product/Leafy-Green-Safe-Handling-Posters>
- https://dese.mo.gov/sites/default/files/HACCP_Guidance.pdf
- <http://www.fns.usda.gov/food-safety/produce-safety-resources>



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